

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

**Radio
Service**

OFFICE OF
LIBRARY
INFORMATION

RECEIVED

★ NOV 17 1930 ★

U. S. Department of Agriculture
Thursday, November 27, 1930

1-9
Im3 Hh
Housekeeper's Chat

NOT FOR PUBLICATION

Subject: "Food for Reflection." Some thoughts on homemaking by well-known women in the home economics field.

--ooOoo--

Thanksgiving, it seems to me, is a splendid time for all of us to sit down and take stock of our blessings. And one of the blessings that must be included by all of us who are engaged in the job of homemaking, is the job itself.

There are a good many times, I admit, when we're more or less overwhelmed by the endless detail, the innumerable demands on our time and attention, the struggle to accomplish much with inadequate resources, the affliction of sickness and other troubles; Times when we think we'd rather be somewhere outside the home, and engaged in a job that had more visible returns.

But at holiday time, when the whole family is drawn together by a common feeling of good fellowship, we are able to stand off from ourselves somewhat. Then we see our job in perspective, visualize our own place in a general scheme, and rejoice that we have had a part in this family life that means so much to those who participate in it.

It's one thing, isn't it, just to cook three meals a day and wash dishes afterward? And it's another thing entirely to think that if we plan and prepare those meals in the best way, our children will have strong healthy bodies, and be able to hold their own in the world that has no time to spend on weaklings?

It's one thing to allow oneself to get in a mood of resentment toward the daily routine of cleaning up the house, and training the children in good habits. It is quite another, to feel that by creating a background of beauty and order, and insisting on the cooperation of all the family maintaining it, we are building an invisible structure that is as important in their lives as the visible house they call their home.

I'd like to read you a short expression of the philosophy of homemaking, as it was presented more than twenty years ago by Caroline L. Hunt, one of the pioneers in home economics in the U.S. Department of Agriculture. Miss Hunt said then:

"That which is necessary for good homemaking, can be determined only by holding fast to the highest ideal of home, and by having a clear understanding of changing social conditions. The ideal never changes. The best home making must always be an intelligent, affectionate effort to help others to attain, as nearly as possible, to completeness of life, by securing for

them those essentials of good living which they cannot obtain in other ways as well or better."

Don't you like that? Don't you feel, as you look around your family group this Thanksgiving Day, that one of your blessings has been the privilege of trying to create the ideal home, which you had when you started housekeeping?

And of course you have had to meet "changing social conditions". Almost every aspect of housekeeping and living has been changed of late, not only by social, but by industrial and economic conditions.

Here is what a former president of the American Home Economics Association, says:

"While the physical welfare of the family must still depend very largely upon the homemaker, it is going to be necessary for her to add certain other accomplishments if she is to meet present-day needs.

"Money and machines once belonged largely to man's world. There are many indications, however, that the modern woman is accepting them as part of her world. She is learning to manage them in order that the home may participate fully in our present day progress. No matter if she "never was good at figures" the money she must spend has to be subtracted, divided, added, and multiplied with wisdom and accuracy if her family is to get good value from her spending. Household machinery has to be selected, cared for, and operated- no small task in this age of increased use of machines.

"The mental aspects of life as they are revealed in family problems in relation both to children and to other members of the family, loom large as they always do when population becomes more dense. Research in psychology and sociology has yielded some help, and promises to give more in the future.

"Another factor to which homemakers will have to give some attention, if homemaking as a profession is not to suffer, is the maintenance of their morale. We need a clear-headed evaluation of the worthwhileness of homemaking, and then we need some easy means by which homemakers may frequently be reminded of the large purpose of their calling.....

"In addition then, to all the old needs----- the modern homemaker needs to train herself for the management of money, machinery, mental life, and morale."

Isn't that neatly put? It is easy for any of us to remember and remind ourselves of the four "M's": the management of Money, Machinery, Mental Life, and Morale. It is merely expanding what Miss Hunt said in a different way, about this inspiring job of being a homemaker. We must hold fast to the highest ideal of home, and have a clear understanding of changing conditions.

Friday: Questions and Answers.

